

# Worry Busters

Write or draw below what happens to your body and your mind when you are worried or anxious.

# Worry Busters

When I am worried or anxious I can....

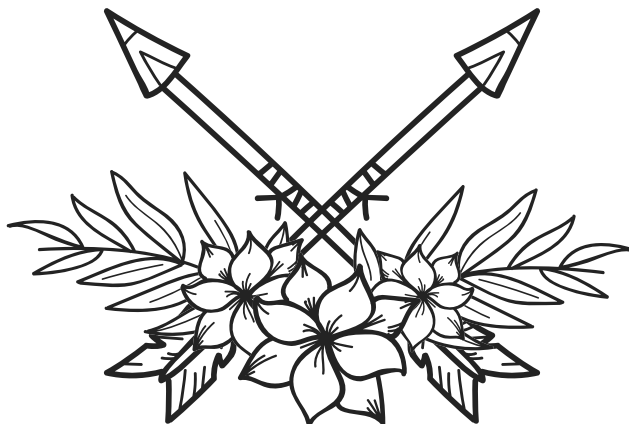
Write or draw some good things you can do  
when you are worried or anxious.

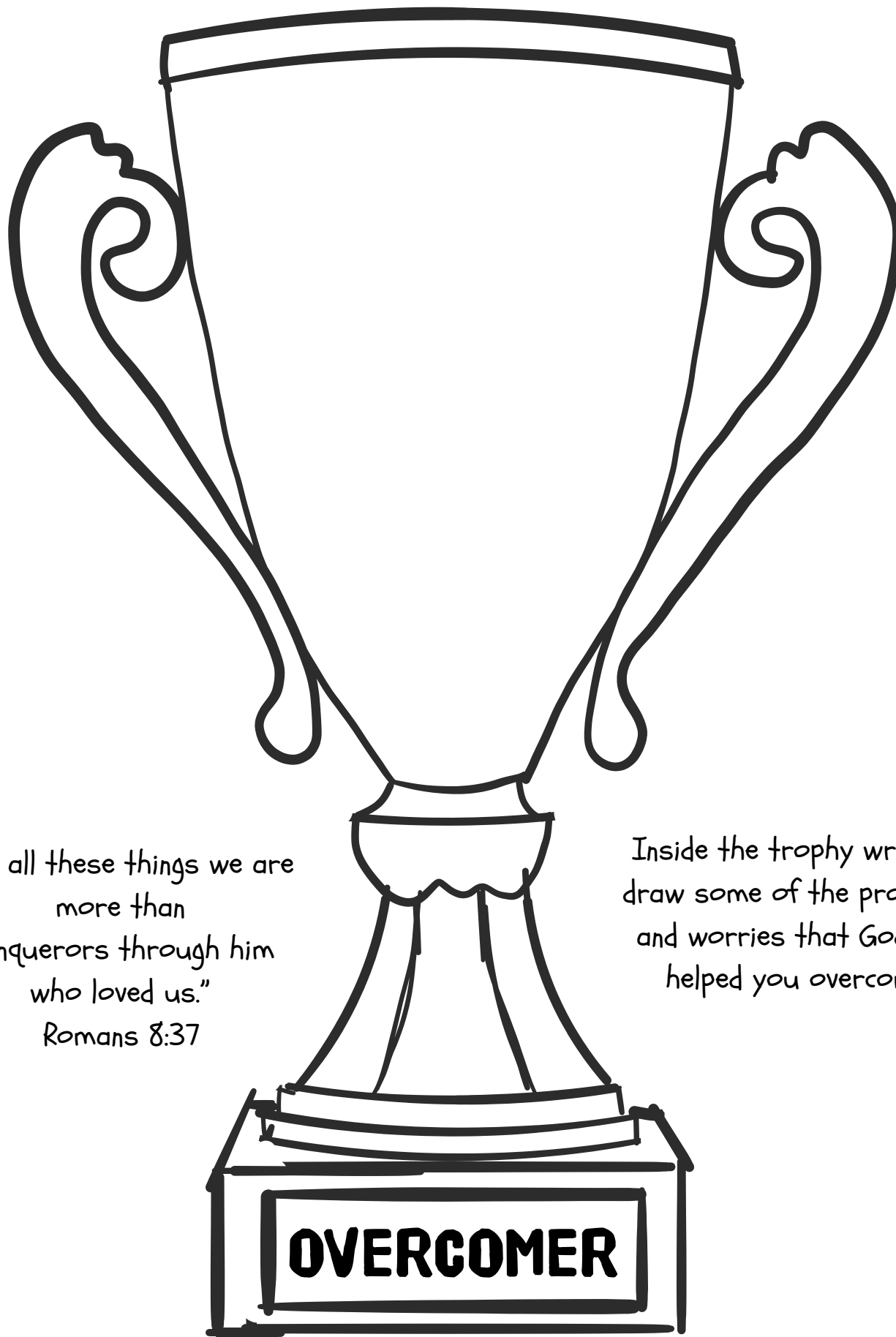


GOD

NEVER

WORRIES





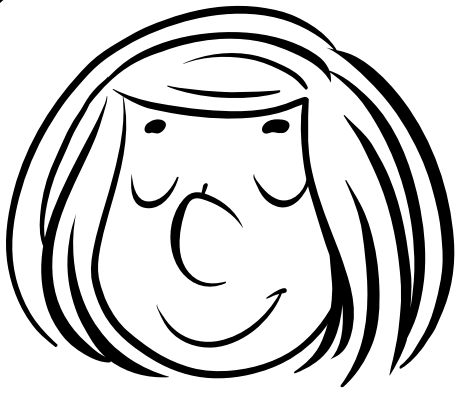
"... in all these things we are more than conquerors through him who loved us."  
Romans 8:37

Inside the trophy write or draw some of the problems and worries that God has helped you overcome.

"These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world." John 16:33

# God's Peace is Like...

Draw or write something that makes you  
think about God's peace.

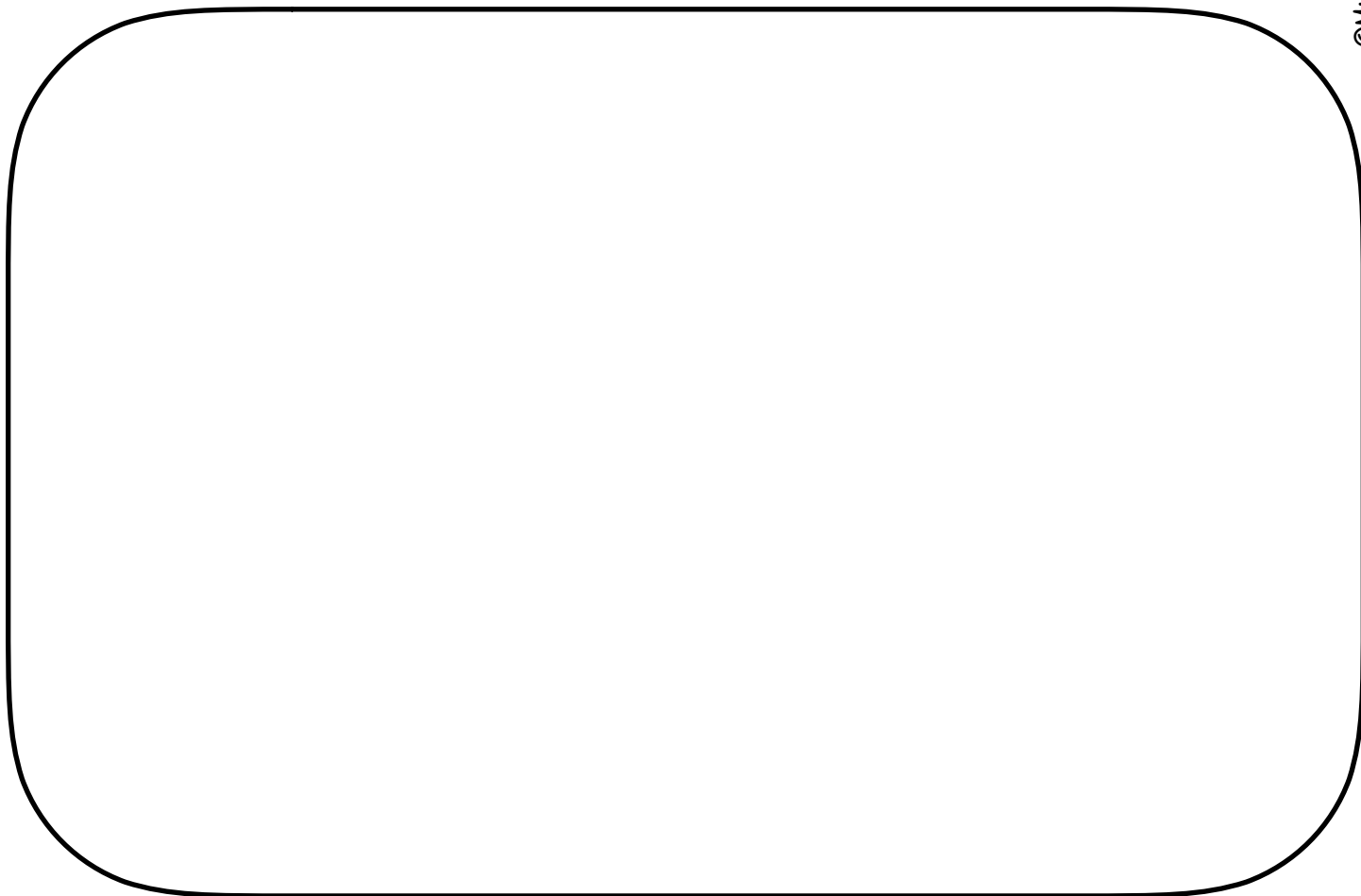


When I feel peaceful my body...

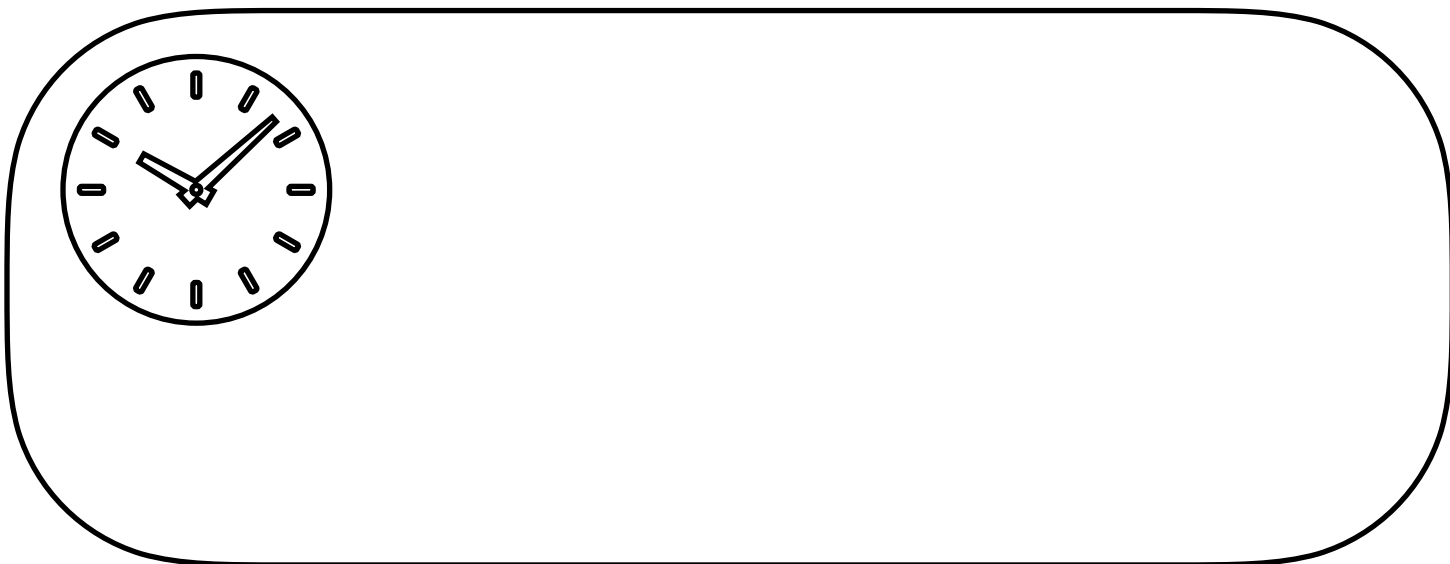
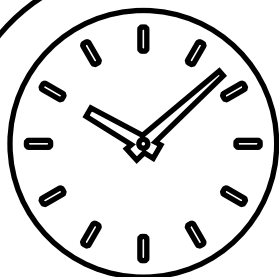
My mind...

Write or draw what happens  
to your body and your mind when you feel peaceful.

What things help you to experience God's peace? Write or draw some of those things below.



Commit to doing those things each day/week. Find a time and place that you can do them. Write or draw the time/place below.



PRAY  
MORE  
WORRY  
LESS